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U.S. mag takes swipe at oilsands

NATURE A U.S. magazine that promotes conservation is calling on American politicians to adopt policies that shun fuels taken from Alberta's oilsands.

An article in Audubon Magazine says oilsands mining threatens to strip one of the world's largest forests of its ability to hold carbon.

The item by U.S. journalist Barry Yeoman says there's a "terrible cost" to oilsands mining because it threatens the habitat of billions of birds.

Yeoman travelled through northern Alberta last summer with environmentalists, who say the threat outweighs the benefit of the oilsands as an energy source.

THE CANADIAN PRESS

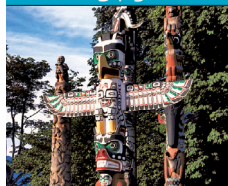
News on the Move

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Learning pgs 8-13



Native studies keep growing

On the web

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Halifax Men with brooms



Team Alberta skip Kevin Koe throws a rock during a match against Team British Columbia during the 2010 Tim Hortons Brier yesterday in Halifax. More coverage, page 14.

McCauley closing?

Students, parents worry over fate of inner-city school

ANDREAS MORSE
for Metro Edmonton



People came to McCauley School last night for a common purpose. They were there for education and for their kids.

The inner-city school is facing a potential closure and community members and parents were invited out to a public meeting to get information, ask questions and get answers.

"These people are very much concerned about their community and

their school," said Edmonton Public Schools' board chair, Don Fleming.

"They value the work that goes on in their school and they want to make sure it continues."

That decision will be made on April 13 but in the meantime, Fleming said, the focus is on the students.

"We have to make a decision that's based on the best interests of the kids," he said.

"Whatever we decide to do we have to make sure that we provide the best

"McCauley is still my home away from home."

Jamie Moore, student

learning opportunities for the students in this school."

As far as Jamie Moore is concerned, the best interests of the students are at McCauley School.

"McCauley is still my home away from home," said the 15-year-old who

attended the school from kindergarten to Grade 9. "I have teachers here that still support me. I can come for advice or just to socialize. It would just be a tragedy if it closed."

Moore said she comes back to the school that she graduated from last year at least once a week.

"A lot of the support that people give when you're here is just really inspiring," she said. "It's an awesome community."

Just over 200 students are currently enrolled at McCauley School.

No injuries in two-alarm blaze, says firefighter

FIRE Crews were still putting out hot spots when Amahrey Nixon first arrived on scene to find her home on fire.

"We just moved in to the apartment this year," she said. "I don't really know what's going on."

Nixon said she was devastated to find out that her apartment building was on fire. She said she had a lot of personal belongings in her suite and she hopes it wasn't damaged by the two-alarm blaze.

Firefighters responded to the apartment fire on the northwest corner of 107 Avenue and 116 Street at 11:40 a.m.

"The building was evacuated and there are no reported injuries," said Tim Wilson, a spokesperson for Edmonton Fire and Rescue Services, adding animals were rescued from the burning building, including a pet snake that firefighters carried out in a gift bag.

Wilson couldn't say when residents would be allowed into their homes.

The cause of the fire remains under investigation.

ANDREAS MORSE/
FOR METRO EDMONTON



Firefighters work to extinguish a blaze at an apartment building at 116 Street and 107 Avenue yesterday.



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News in brief

FIRE A Calmar home was engulfed by flames yesterday morning and investigators are still trying to determine the cause. Just after 9 a.m., Leduc RCMP were called to a house fire at 5109 47 Street after a neighbour noticed smoke coming from the basement. Nearby homes were evacuated and sprayed them in an effort to save them from the blaze. No one was hurt. **METRO EDMONTON**

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Blogs Sexcetera has online resources for everyone from committed couples to single seniors



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Nominees unveiled for city arts awards

ANDREAS MORSE
for Metro Edmonton

The morning after Oscars were handed out to artists in the film industry, the city held its own nomination ceremony at city hall for local artists.

The 23rd Mayor's Celebration of the Arts takes place on March 22 and this year 39 nominees in nine categories will be vying for the prestigious awards.

"It's a fun night and a fun event," said Mayor Stephen Mandel. "It's about Edmonton and the talent we have in this city."

The Mayor's Celebration of the Arts is a showcase of the talent that resides in

this city and an opportunity to create awareness for organizations like the Professional Arts Coalition of Edmonton (PACE).

Alice Major was nominated for the ATCO Gas Award for Outstanding Lifetime Achievement. Major was Edmonton's first Poet Laureate, and has just published her ninth collection of poems.

"It was a real thrill to be the Poet Laureate," Major said. "Maybe this will give me another chance to get back on the Winspear Centre stage."

The lifetime achievement award goes to the artist whose outstanding talents and determination contribute richly to the

If you go

• For tickets to the 23rd Annual Mayor's Celebration of the Arts call 780-428-1414 or visit www.win-spearcentre.com.

cultural fabric of our city.

"For me, Edmonton is the place where I became an artist," Major said. "It was the right community for me and I think it's obviously the right community for a lot of artists."

Major said Edmonton is a place where artists can thrive.

"And, occasionally, come out with lifetime achievement awards," she added with a laugh.

Researchers seek volunteers with heart problems

MONIQUE MASSIAH
for Metro Edmonton

" Oftentimes you don't know you may have a heart condition."

Stanley McKee

shortness of breath.

Alberta HEART (Heart Failure Etiology And Analysis Research Team), a group of researchers from the University of Alberta and University of Calgary, is looking for volunteers that have had heart complications in hopes of better treating patients.

According to Dr. Jason

Dyck, the group's co-director, there are approximately 80,000 Albertans with heart failure. Between 40 and 50 per cent suffer from diastolic heart failure, which means the heart becomes stiff and can't relax after each heartbeat.

"It affects one to two per cent of all adult Albertans. Hospitalization is a critical issue, and it also includes a high risk of death," said researcher Dr. Justin Ezekowitz.

He added the group is looking for patients with known heart failure or heart disease.

Eskimos Don't fumble!



Mathieu Bertrand of the Edmonton Eskimos gives Cheyenne a piggy back ride during a visit to the Boys and Girls club of Edmonton yesterday afternoon.

Control efforts underway on gas-well fire

FIRE Specialists moved in yesterday to regain control of a gas well that was still on fire since it blew almost two weeks ago in north-western Alberta.

The Energy Resources Conservation Board said it had approved a plan to put out the fire temporarily and install new equipment to allow any gas to be burned off through a flare stack.

The board said trace

amounts of sour gas could be released during the procedure, but mobile air-quality units on site were not detecting any hydrogen sulphide.

Residents in the area were notified and roadblocks put up. A no-fly zone was also in effect.

The nearest inhabitant lives more than seven kilometres away. No evacuations were ordered.

THE CANADIAN PRESS

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'Pastor' sentenced to nine more months for another sex assault

A self-described pastor who is serving time for sexually assaulting a minor he claimed was his child bride has been sentenced to an additional nine months for abusing another girl. Daniel Cormier was convicted of sexually assaulting a 16-year-old who was a parishioner and volunteer at his now-defunct Church of Downtown Montreal. **THE CANADIAN PRESS**

3

Canada



Palin used Canadian health care

Sarah Palin's weekend admission that her family once travelled to Canada for treatment under the public health-care system she's so often demonized prompted ridicule among her critics yesterday. "Believe it or not — this was in the '60s — we used to hustle on over the border for health care that we would receive in Whitehorse ... and I think, isn't that kind of ironic now," Palin told an audience in Calgary on Saturday. **THE CANADIAN PRESS**

Tories cutting 245 patronage jobs

The federal government has taken what is expected to be the first step in its efforts to rein in the civil service, trimming 245 patronage jobs on boards, agencies and tribunals.

The announcement from Treasury Board president Stockwell Day is largely symbolic, since the governor-in-council positions are largely funded through honorariums and expense charges.

Day said he expects the savings will total between \$1 million and \$1.25 mil-

lion a year.

But the minister made clear more is coming. He said he has no specific number for how much smaller he wants the public service to be, but noted there is flexibility for cuts.

"We're going to continue (the) process of service reviews," he said.

"We're not going to put a number in terms of individuals ... the fact is every year about 13,000 people

leave the public service, that alone creates opportunities, breathing room for departments to make decisions (on staffing)."

In last week's budget, Finance Minister Jim Flaherty froze budgets, even though unionized public servants are in line to receive a 1.5 per cent salary boost in July.

The reductions include 40 positions from the Canada Pension Plan and Old

Age Security review tribunals and 18 from the Canadian Centre for Occupational Health and Safety.

Day said about 90 per cent of the positions were already vacant and that he was confident there would be no impact on the functioning of the agencies.

But NDP MP Pat Martin disputed that, saying some loss of quality of services would result, specifically naming the CPP tribunals and the occupational health and safety centre.

The bigger concern, said

Martin, is what the government will do next. "The public service is an easy target," he said. "You have to be seen doing something so you go after the public service." **THE CANADIAN PRESS**

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Saying Canada has abandoned its role, activists vow to stir the pot at G20 summit. Scan this code for the story.

Comment led to dismissal of jury in Air India perjury trial

VANCOUVER The jury in the perjury trial for a key witness in the Air India case was dismissed yesterday before the trial even began after the judge became concerned about



Inderjit Singh Reyat

bias because of a comment made by one juror. Inderjit Singh Reyat, who testified in 2003 at the trial of two men who were eventually acquitted in the Air India bombing, was to begin his trial yesterday, but now a new jury must be chosen. Selection has been scheduled for next Monday and the trial is expected to begin later this month.

While the comments themselves weren't disclosed, it was enough for Judge Mark McEwan to bring in the jurors and tell them they were dismissed. **THE CANADIAN PRESS**

News in brief

SPORTS A sports doctor under investigation in Canada and the United States says he treated Alex Rodriguez after the Yankees slugger had hip surgery last year but he only prescribed anti-inflammatories. Rodriguez and other high profile baseball players have been contacted by U.S. federal investigators regarding sports medicine specialist Anthony Galea. Rodriguez said last week he plans to co-operate with the investigation. **THE CANADIAN PRESS**

Latest throne speech well received: Poll

SURVEY A new poll suggests that most Canadians who tuned into the speech from the throne liked what they heard.

And it also suggests more people approved of the federal budget than opposed it.

The Canadian Press Harris-Decima survey says 87 per cent of those surveyed agreed with the throne speech proposal to freeze the salaries of MPs and senators.

Support was more muted for the budget: 42 per cent supported it, while 28 per cent opposed it.

The poll of 1,905 adults was conducted between March 4-7, and has a margin of error of 2.2 percentage points. **THE CANADIAN PRESS**

79%

Another 79 per cent backed the speech's promise of more tough-on-crime legislation.

Jean sees hope, despair in emotional tour of Haiti

PORT-AU-PRINCE There were tears, hugs and Creole songs as a mobbed Gov. Gen. Michaëlle Jean returned to her native Haiti yesterday for an emotional tour of the island's wreckage as well as its hopes.

Both were on constant display from the moment Jean stepped onto the lawn of the collapsed Palais national.

"Mourning is one thing," Jean said after a meeting with Haitian President René Préval. "Making sure that life triumphs over destruction is the focus."

Préval, who moments earlier had spoken of Haiti's historic chance to rebuild, had also noted that the godmother of Jean's child had perished in the Jan. 12 earthquake.

Jean's next stop was Sainte Trinité Episcopal Cathedral, the UNESCO World Heritage Site where Jean was baptized. It is now mostly tons of rubble.

Sainte Trinité, with long connections to the Jean



Haitian President René Préval points out the damage to the presidential palace to Gov. Gen. Michaëlle Jean and her husband, Jean-Daniel Lafond, in Port-au-Prince, Haiti yesterday.

family, had been famed for its biblical murals painted by some of Haiti's most noted artists. Ducatin had a surviving fragment of one mural, painted by an

artist from Jean's hometown of Jacmel, to present to the Governor General.

Later, at an otherwise jubilant rally amid the ruins of the Ministry of

Women's Rights, Jean finally cried during a song dedicated to a friend who died in the quake, the feminist Magalie Marcelin.

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Comment

Tory vision clears up

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

We always used to knock Stephen Harper's

Conservatives for having no vision. The prime minister wasn't one for big words and fancy phrases.

Tom Flanagan, his former top strategist, spoke of incrementalism as being the favoured approach. The Conservatives didn't want to scare Canadians by putting out a muscular policy blueprint that would have them thinking they were in the grip of Republican-styled rednecks.

But four years in, it's become clear that the Conservatives are the party of vi-

sion and the Liberals are the party without one.

We couldn't see what the Conservatives were really up to because they kept taking detours.

Only a year ago, Harper had party purists up in arms with his Keynesian big-spending approach to fighting the recession. It went against all his former precepts. But governance requires pragmatic detours and most of the detours have been taken, and now it's clear what the Conservatives are all about.

They're about law and order, a strong military, smaller government with low tax rates, traditional Anglo-Saxon family values and flag-waving patriotism.

It's classic conservative stuff and a bold departure from the Trudeau-styled lib-

eralism Canadians knew for so long. Progress has been made on all fronts. The crackdown-on-crime bills roll out with regularity. Defence spending has soared and only now will tail off. The GST has gone down two points and other tax reductions, especially for corporations, have been introduced.

Multiculturalism has been curbed. With the emphasis on Arctic sovereignty, the flag has been hoisted in the North and, in this Olympic year, all across the country. Last week's budget signals a shutting down of the spending taps that have been open for so long. With a smaller tax base in place, future governments won't have room for welfare-state initiatives.

On foreign policy, the

Conservatives are displaying a stronger partisanship, moving Canada from its traditional honest broker role. With the provinces, there is more of a decentralizing hands-off approach.

What we've seen so far is only part of what the Tories have in mind. It's only been four years and it's been done with a minority government.

This idea of Canada — a Canada with stronger right-wing values than ever before — may not be what the majority of Canadians want. But it is coming and it's coming fast. And a big reason for this is that no strong alternative has been put in place by the Liberals. They are in the grey middle. They have been lurching all over the place without a concrete vision, leaving the people with no attractive option.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

"It's classic conservative stuff and a bold departure from the Trudeau-styled liberalism Canadians knew for so long."

JIM FLAHERTY TAKES A JET TO A TIM HORTONS IN LONDON, ONTARIO:



Worth mentioning

Asia-Pacific region lags on gender equality: UN

International

Women's Day

Nearly 100 million women across Asia have "disappeared" because of a huge and growing gender gap

tained or serious enough to undercut the severe forms of discrimination that persist," according to the report, compiled by the United Nations Development Program.

And the disparities are spread across the continent, hitting

wealthy countries such as Japan as well as poor countries such as Bangladesh, the report said.

Asia has the highest ratio of male babies born compared to female babies

born, according to the report. In East Asia, which has the greatest disparity, 119 boys are born for every 100 girls. The world average is 107 boys for every 100 girls.

The reason for the disparity is mostly a cultural preference for male children and gender selective abortions.

THE ASSOCIATED PRESS

96

The report estimated that 96 million females "disappeared" in 2007, either in gender-selective abortions or through the disparity in services. There were no separate numbers for deaths caused by gender-selective abortions versus neglect, infanticide and inadequate nutrition and health care.

The report, timed to coincide with International Women's Day, said the Asia-Pacific region lags behind much of the world on nearly all aspects of gender equality because of deeply entrenched traditions favouring men and poor government efforts to counteract them.

"The efforts of individual countries have not yet been broad, deep, sus-

ful for most of them. They can invest in quality content, the kind that's intensely researched, well reported, and diligently edited. Thoughtful and reliable content can give readers depth and understanding they won't necessarily find somewhere else.

There's a reason why people pay for full access to sites like The Economist or the Wall Street Journal. It's because they offer content and analysis that's qualitatively better than most of their competitors' free offerings. For a generation of Canadian publishers who have operated on the premise that editorial content costs are, at best, a nuisance to be tolerated, this could be a revelation.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Views

Finding a way to make online users pay

InBusiness

Charles
Davies

metronews.ca/inbusiness

The past several years haven't been much fun for publishers of newspapers and magazines. Declining circulation and plunging ad revenues have ravaged bottom lines.

Some newspapers — the Seattle Post Intelligencer, the Christian Science Monitor — have shuttered their print editions and become solely online publications, while other major names like the Boston Globe have been threatened with shutdowns. Last year, 367 U.S. magazines closed. They were mostly small local

and regional publications, but the list included a few venerable names, like Gourmet and Editor and Publisher.

At least the decline was an improvement on 2008, when 526 magazines closed for good. Even in Canada, where newspaper readership remains remarkably stable, profits have been pinched and costs (most often in the form of editorial salaries) are being ruthlessly pared.

The aging of the print generation is one reason for the overall decline, and recessions don't help either. But the big problem is the Internet. Every publication has a website and, while they generate some ad revenues, in most cases content is being given away.

Publishers are dying to find ways to make the In-

ternet pay, and now they have some measure of just how hard a sell it's going to be. A recent Nielsen Company survey of more than 27,000 consumers in 52 countries found that 85 per cent think Internet content that's now free should stay that way. Why buy the cow when you can get the milk for free, right?

While many would consider paying for certain types of content, in particular, movies, music and games that are professionally made, newspapers and magazines are a different matter. People are more reluctant to pay for them because their online content has become a commodity that's readily available from multiple sources.

There is, however, a solution for publishers, even though it will be distaste-

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Cambodian rape victims face bribery: Report

Rape victims seeking justice in Cambodia face serious obstacles such as police who demand bribes before making an arrest, a human rights report released yesterday said. **THE ASSOCIATED PRESS**

5

World

Is getting to 100 in the genes?

It may not quite measure up to the fabled Fountain of Youth, but U.S. researchers say they are beginning to unlock the genetic mysteries of those who live astonishingly long and healthy lives.

And to put a complex story in its most compelling context, the mystery boils down to this: with an active lifestyle, and help from breakthrough medicines envisioned within our era, the chances of you sticking around to age 100 and beyond are better than ever.

So says the New England Centenarian Study, which is readying to publish surprising new discoveries culled from its latest trove of genetic mapping of Americans still ticking after 100

years of life.

The upshot is genes matter — but not as rigidly as you might think. The Boston-based group's findings suggest there are multiple genetic pathways to the century mark — a breadth of different variations and combinations of genes that deliver the prize of triple-digit longevity.

"There is a still tremendous amount still to be learned. But what this suggests is rather dramatic — you or I can both win the lottery of living to 100 with different combinations of genes," said Dr. Thomas Perls, director of the New England study group.

Perls work is more easily done nowadays, given the surfeit of centenarians, who

now are the fastest-growing age group in the United States, at 84,000 and counting. Some projections suggest their ranks will approach one million by 2050.

The number of Canadian centenarians appears to be comparatively smaller, with 6,000 people 100 or older, according to Canada's Chief Actuary, Jean-Claude Menard.

But that figure too is growing at a rapid rate.

Canada, however, does rank as the birthplace of 114-year-old Mary Josephine Ray, who, until her death Sunday, was the world's oldest verified American. She lived her first three years in Bloomfield, P.E.I., before moving south with her parents.

TORSTAR NEWS SERVICE

El Salvador Celebrating Women



Women march to celebrate International Women's Day in San Salvador, El Salvador, yesterday. In many countries in Latin America, the day was dedicated to honour and remember the resilience of Haitian women, and the lives of three feminist Haitian activists who died during the catastrophic earthquake.

News in brief

NEW DELHI India's government introduced a bill yesterday that would reserve one-third of the legislature's seats for women, angering lawmakers who tore up papers and tried to tear out microphones. The protests stalled debate and voting on the proposal until at least today. The bill has faced strong opposition since it was first proposed more than a decade ago, with many political leaders worried that their male-dominated parties would lose seats under a female quota system.

THE ASSOCIATED PRESS

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Cheaters never win? Not when it comes to nuclear energy, says Nicolas Sarkozy. Scan this code for the story.

Seismologists: String of quakes coincidental

EARTHQUAKES Experts say there is nothing unusual about the latest spate of earthquakes in Haiti, Chile and now Turkey, but their devastation illustrates how growing construction along the world's fault lines can lead to massive casualties.

Seismologists say that although one powerful quake can conceivably raise the

"I can definitely tell you that the world is not coming to an end."

Bob Holdsworth

risk for others elsewhere, the recent string of quakes is probably just coincidence. Bob Holdsworth, an

expert in tectonics at Durham University, said yesterday that "I can definitely tell you that the world is not coming to an end." Bernard Dof, the seismologist for the Royal Netherlands Meteorological Institute, says there is no direct connection between the lethal quakes.

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Youth set to boost housing market

Young Canadians are expected to give a boost to Canada's housing market this year as more of them tie the knot, get full-time jobs, and see those opportunities as major reasons to make take the plunge and buy a home.

A new study by the Royal Bank suggests that younger Canadians aged 18 to 24 are about to take the market by storm, with about 15 per cent of those surveyed in that age bracket saying they are very likely to buy, almost double the level recorded in 2009.

It's a marked shift in the attitudes of younger Canadians, who have tightened their budgets over the past few years to cope with

10 The percentage of the 2,047 people of all ages surveyed for the 17th annual RBC home ownership study said they plan to buy a home within two years — up from seven per cent two years ago.

tough jobs markets and a recession.

The latest survey shows that overall attitudes are changing as more Canadians return to shopping for homes as the economy recovers, even though it's considered a seller's market.

"Confidence in the housing market is back, essentially," RBC senior economist Robert Hogue said

yesterday. Royal Bank said the study found more Canadians are "very likely" to buy a new home in the next two years. The Canada Mortgage and Housing Corp. said that the seasonally adjusted annual rate of housing starts reached 196,700 units in February, an increase from 185,400 in January 2010.

THE CANADIAN PRESS

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Your Money

Seizing your tax power

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Alison Griffiths

metronews.ca/alisononmoney

When I filled out my first tax return (too many years ago to state the number in a national column), most Canadians did their own taxes — on paper. Today, 52 per cent of us pay someone else to do the annual chore.

Every time you turn over your tax return to someone else you take a big step away from financial control. I know because I once started down that road.

With kids, a career, a marriage — there didn't seem to be enough time; also my return had become more complicated. But with an accountant doing the job I found myself understanding less and less about what

was going on with my money. On top of that I was paying other people to make mistakes.

More than half of those who pay someone to do their taxes state they don't have the confidence or knowledge to tackle it themselves. However, today's tax software programs are simple to use.

Starting at around \$19.99 popular titles include Quick Tax, UFile, HR Block, TurboTax, Cantax and GenuTax. Most offer multiple returns and often unlimited ones for low income filers. Couples can file together and the programs optimize who should claim a host of deductions from charitable donations through to medical expenses and the transfer of tuition and disability amounts.

Even small business owners and the self-employed can complete their returns easily. For example, use of home deductions are clear-

ly laid out in these programs. You just plug in the number of rooms or percentage floor area plus figures for expenses such as hydro.

You may still end up on the phone with Canada Revenue Agency or with the software publisher (if you've upgraded to phone support) for clarification — it's income tax after all. However, if you take this step you will, as I did, achieve a sense of power over your finances. And I'm a big fan of seizing power when you can.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

On the web

Money Matters:
Henry Choo Chong talks about your tax filing options.

One more reason to hate spam

HEATHER BUCHAN
For Metro Canada

Fraud Prevention

We've all received a forwarded email from a friend, containing a humorous or feel-good message, that asks us to pass it along to 10 others with the promise that "something good will happen." And, many of us have done it. Seemingly harmless, right?

Not so, says Tim Richardson, an e-commerce professor at Seneca College. This is a typical scam and contributes to identity theft, he says.

"If you pass on a message, what you're doing is allowing the originator of the message to collect all these email addresses, which will then be used to send out spam email," Richardson says. "Don't pass on jokes and messages you get from people

Protecting yourself from email fraud

- Never provide personal financial information in an email. Banks don't ask for such information via email.
- Never click on links in emails from senders you don't know. The link could take you to a fraudulent site where you'll be asked to enter your PIN and other personal information.
- Never respond to emails offering money, threats of legal action, or warnings of compromised security. Delete the email and report it to Phonebusters at 1-888-495-8501.
- If you receive a suspicious email regarding your finances, report it to your financial institution.

because you're contributing to the volume of spam that goes out there."

Spam is one way that fraudsters try to obtain personal information, including passwords and bank information, by sending out mass emails or text messages that appear to come from legitimate businesses.

Also known as phishing, many Canadians have been tricked into sharing their passwords, social insurance number, credit card and bank account numbers. Typically, the email will claim to be from your bank or another insti-

tution, asking you to update your personal information.

According to the RCMP's anti-fraud squad, instant messaging, social networking sites and video messaging sites also make users more vulnerable to black-mail scams from new virtual "friends."


Law enforcement agencies have seen a rise in cases of people being blackmailed by "virtual" friends, who make demands for money with the threat of posting embarrassing or damaging information and photos of the victim online.


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Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Movement community-driven

Native studies programs first appeared in early '80s and are continuing to grow

RICK MCGINNIS
for Metro Canada

While the idea of native or aboriginal studies began with the birth of identity politics in the '60s, native studies programs didn't hit Canada's academic world until the early '80s, appearing first at prairie and west coast universities.

At the University of Calgary, Prof. James Frideres remembers courses in aboriginal education appearing as early as the '70s, before native groups protested and funding was diverted to native colleges, which led to the program languishing for a decade.

It wasn't until the early '90s when new initiatives were built up, and the U of C began groundwork on an undergraduate program,

though at this point there were very few qualified teachers with an indigenous background. In the last few years, Frideres notes that "there was a major shift and that there now were a number of indigenous people who had the qualifications, and they began to enter the academy. And now those indigenous scholars have begun to publish their work."

"There's quite a substantial literature that's been built up."

At McMaster University in Hamilton, acting director of Indigenous Studies Rick Monture remembers the department forming due to the efforts of the First Nations Student Association, a group comprised of mostly Six Nations Mohawk students, and which was ultimately led by

Dawn Martin Hill, the program's director, currently on a research sabbatical.

It started with a Mohawk language course in 1992, and grew thanks to the support of native community leaders both in the city and on the Six Nations Reserve just a half hour away from the campus.

"It was a community-driven movement," Monture recalls.

"The university was supportive, but it was community leaders who pushed forward the idea."

Aboriginal Studies at the University of Toronto began in the early '90s, and Eileen Antone, now the program's director, began working there in 1999, working with transitional year students. Like most native studies programs, it hosts a mix of students —



Colleges and universities across Canada have been building and expanding Native Studies programs that allow student a chance to learn about Native languages, art and history.

non-native students in some programs can vary from 50 to 80 per cent — but native students have the use of a specialized student centre (First Nations House at U of T) and a Centre for Aboriginal Initiatives.

At Simon Fraser University,

Prof. Eldon Yellowhorn recalls the First Nations Studies program starting with a language course at its Kamloops campus, before a larger program took shape at the Burnaby campus in the late '90s. He's seen graduates move on to law school and archaeology,

while Eileen Antone says her students have gone on to teaching and social work, and Rick Monture can cite students now working for NGOs, in Indian Affairs and land claims offices.

James Frideres recalls his last two cohorts of graduates: "Two have gone to law school, three work for the provincial government, two are in private sector consulting, three people have gone on to master's degrees, and a handful have gone into oil and gas — Shell, Petro Canada and Trans Canada Pipelines," he says. "Five or six have spread out, gone back to reserve, become band managers; two people have gone to banks — the Royal Bank and the Bank of Montreal."

"The end story is that they all are employed, and in a position that utilized the expertise that they gained from the program."

A look at some Aboriginal and Native studies programs across Canada

Aboriginal and Native studies programs vary in size, but many universities across Canada offer some course of study, from graduate programs to courses offered annually or biennially. Most are interdisciplinary, and the following is a quick overview of undergraduate degree programs offered across the country.

- **Simon Fraser University's** First Nations Studies program offers everything from a minor in FNS to joint majors with archeology and linguistics to a Post-Baccalaureate Diploma in FNS.
- **The University of British Co-**

lumbia's campus is located on the ancestral lands of the Musqueam tribes, and their First Nations Studies program offers major and minor studies in conjunction with Art History, Creative Writing and Theatre to History, Anthropology and Linguistics.

- The Faculty of Arts at the **University of Fraser Valley** offers a menu of courses in Indigenous Studies, as well as a certificate program geared to researching maps, films, rights, and land claims.
- **The University of Victoria's** Indigenous Studies Program offers a BA in conjunction with

the faculties of humanities and social studies, as well as a minors undergraduate program.

- **The University of Calgary's** International Indigenous Studies program offers a more global approach to Native studies that students can take up to a Bachelor of Arts degree.
- **The University of Alberta's** Faculty of Native Studies offers an interdisciplinary BA program in conjunction with other faculties and a certificate in Aboriginal Governance and Partnership.
- **Athabasca University's** Centre for World Indigenous

Knowledge and Research offers a menu of courses as part of its distance learning program, which can be combined into an undergraduate degree or certificate.

- The Department of Native Studies at the **University of Manitoba** has regular and advanced major programs, the latter of which includes a minor in business.
- **The University of Ottawa** offers both major and minor programs at its Aboriginal studies program, as part of the university's Faculty of Arts, focusing on culture, philosophy and language.

- The Indigenous Studies program at **McMaster University** offers courses that can be combined with offerings in the Social Studies and Humanities departments in a BA course load, as well as a minors program.
- **The University of Toronto's** Aboriginal Studies program is associated with the university's faculty of arts, as part of minor, major and specialist degree programs.
- **Trent University's** Indigenous Studies program offers a flexible BA program, and even includes a year abroad in Thailand.

— RICK MCGINNIS
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Michael Nolan revs up fundraising

Raffle for popular student (car) at University of Lethbridge will fund scholarships

CANDICE WARD
for Metro Edmonton

Michael Nolan's Facebook profile says he attends the University of Lethbridge, is single, is just looking to network and for friendship, but until last week, no one knew who he was.

He may have more friends than many U of L students, yet he is not even a real student but rather the star of the Student Union's clever campaign to raise money for student scholarships.

"It created a little bit of mystery and a little bit of buzz," said Jeremy Girard, President of the Students' Union at the U of L.

Michael Nolan is actually a car, a 1984 BMW 325e to be exact and has been generously donated by the U of L President, Bill Cade.

The identity of the mysterious Michael Nolan was finally unveiled to the stu-



University of Lethbridge President Bill Cade donated a 1984 BMW 325e, dubbed Michael Nolan, to help raise money for the university. Cade named the car after a distant family member who was instrumental in his education.

dent body on Feb. 22, after months of students,

administrators and community members wonder-

ing who he was.

The Students' Union

will be raffling off the car in hopes of raising about \$10,000 towards student scholarships, with no specific scholarship details yet to release.

"We are going to be putting the money directly back to students," said Girard.

Girard commends Cade's intuitive and drive towards supporting the financial needs of students and hopes it has inspired other community members to do so.

"It is a great thing that President Cade has done here," said Girard.

Cade purchased the car brand new named it after a distant family member, who was instrumental in his mother's life and his education.

"That car is kinda special to me," said Cade.

Since Nolan was so in-

fluent in Cade's post-secondary education, it only made sense for Cade to pay it forward and let the Nolan name assist in someone else's educational career.

"I want to support students, I want to support their abilities to go to university," said Cade.

Cade has been contacted from people as far as Texas with interest in purchasing

tickets for this raffle but unfortunately they are only available at the U of L Student Union's office.

Nolan will have a new home, or more like garage on April 16, when the Student Union makes the draw for this gently used vehicle.

Tickets are \$5 each or three for \$12 and there are only about 2,300 tickets up for sale.

PHOTO SUPPLIED

"It created a little bit of mystery and a little bit of buzz."

Jeremy Girard,
President of the
Students' Union

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'Recession can be an opportunity'

MICHELLE LINDSTROM
for Metro Edmonton



Starting over is never easy, but it has become a reality for many Albertans in the form of a pink slip.

DeVry Calgary's president Ranil Herath says Alberta's traditionally strong economy has given numerous people high-paying jobs with little formal education. He says Alberta has one of the lowest high school completion rates in the country because of this.

"In a downturn, employers get to be a little more picky for those credentials because there are more people competing for similar jobs," says Herath.

SAIT Polytechnic takes speed into consideration with its Fast Track programs, which total between six and 12 months in length.

"They're very intensive (programs), but they allow a person to get trained in a short period of time," says Dr. Gord Nixon, SAIT's vice-



A downturn in the economy may be the perfect time to head back to school and upgrade your credentials.

president academic, citing various IT, construction and health and public safety options.

SAIT's pre-employment programs range between six and 18 weeks long, giving those interested in the trades hands-on experience.

"Sometimes the industry doesn't want to hire you because you have no experience, so you're caught in 'How are you going to get experience unless you get hired?'" Nixon says.

Bow Valley College's vice-

president of learning Anna Kae Todd says existing programs within the institution are relevant for both a booming and deflated economy.

"Sometimes a recession can be an opportunity," Todd says, adding that recent job losses have been the motivation for people to make career changes they've always wanted to make.

"Many of our programs are as fast as they can be and still set the students up for success," she explains.

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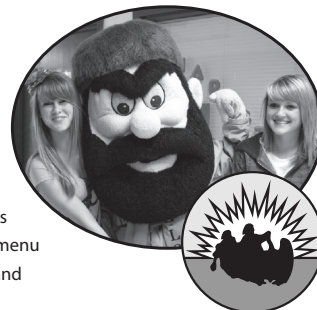
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EDMONTON PUBLIC SCHOOLS

Learning Curve isa special feature that focuses
on education and student life.

'You learn as you go,' entrepreneur says

Small business ownership can offer many different opportunities, challenges

CANDICE WARD
for Metro Edmonton



Vacations whenever you want and determining your own salary could be some of the perks if you were your own boss, but the lure of owning your own business does not come without its challenges.

Knowing where to start after you have decided to start your own small business can be a daunting task, but the satisfaction of only answering to yourself can make it all worth it.

For Tara Dennis, after spending 16 years as a dental assistant, she knew she was ready to branch out on her own into something completely different.

"I went from one end of the spectrum to the other," said Dennis, owner of Chicken Scratch on 10466 82 Ave. in Edmonton.

This greeting card and novelty gift shop has been



Starting your own small business can offer many rewards, including being your own boss, but it has its fair share of challenges as well.

greeting Whyte Avenue shoppers for more than 16 years, with Dennis taking over the shop about two years ago.

"I have always wanted to do my own thing," said Dennis.

With the economy the way it has been, the past

two years have been challenging, but she attributes a lot of hard work from her staff and loyal customers to the contin-

ued success of her business.

"The first year was a lot of learning," said Dennis. "You just learn as you go."

Dennis points out that being on Whyte Avenue helps with a lot of the sales.

"The location is a big key of where you pick what is going to fit your store," said Dennis.

Before taking over this independent business, Dennis did a lot of research to find out how to start a small business.

"You just have to dig and search and research and talk to people; the more you talk to people, the more you find out," she said.

Some websites out there have made it easy for entrepreneurs to locate the information needed to start a new business.

For example, the government's Canada Business website has easy-to-use links and answers many important questions.

"Canada Business is committed to providing you with a wide range of information on government services, programs and regulations relevant to existing and potential business entrepreneurs," according to the website.

Entrepreneurs can even search for government funding and grants.

The site makes it even simpler to follow links to possible cashflow by breaking it down into a simple search by the type of business and even demographic.

Some special financing or funding incentives are offered to groups, such as women, aboriginal people, people with disabilities, immigrants and rural or northern residents.

Other government organizations offer financing to small- and medium-sized businesses.

For more information on funding your small business, check out canadabusiness.ca or bdc.ca.

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12 learning curve

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Exam stress solutions

CANDICE WARD
for Metro Edmonton



For students like Lorriane Zinn, stress, sweating, and sometimes swearing can all be apart of exam preparation, but it does not have to be.

Even some of the keenest students suffer from exam anxiety and Concordia University College is doing its best to help its students combat this condition.

"My teachers would put that white piece of paper in front of me and I would just freeze," says Zinn, fourth-year after degree education student at Concordia.

On March 31, Concordia will be holding another exam anxiety workshop to assist students in exam preparation and relaxation.

Exam anxiety affects each student differently, and can come in different forms, mentally and sometimes physically. Feelings of fear and helplessness and depression can be related emotional symptoms of exam anxiety. Physical symptoms can include nausea, sweating, increased



Anxiety around exam time can cause students to suffer mental and physical symptoms.

heart rate, and even frequent urination.

"It is literally the shakes and I draw blanks in my memory," says Zinn.

Each student who suffers from this condition must find their own way of dealing with it and stopping it from affecting their education.

"Sometimes it is just closing my eyes and taking a second and breathing," says Zinn.

"These workshops can help students start to target their symptoms directly," says Barb Van Ingen, counseling psychologist at Concordia.

According to Van Ingen, lots of students experience their mind going blank, racing thoughts and thinking really negatively about themselves and their capabilities.

By attending one of these exam anxiety workshops, students will realize that they are not alone and that this is a common problem among most students.

Some common strategies taught at these workshops is to make sure that students are taking good care of themselves, eating well, getting enough rest and having a strong support system around them.



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McEwan jazzes up its musical offerings

CANDICE WARD
for Metro Edmonton

Grant McEwan's newest degree program is sure to strike a high note among music students.

Starting Sept. 2011, students can expand their musical education into a full degree at Grant McEwan, the first of its kind in Alberta.

"We have been working on this for a long time now and finally we have it," said Bob Gilligan, Chair of the Music program at Grant McEwan.

Recently announced, Grant McEwan will be adding the sixth member to their band of degrees with the launch of the Bachelor of Music in Jazz and Contemporary Popular Music (BMus).

Student demand was the driving force behind the induction of this degree program.

"We were losing all of these great musicians because they had to move out

Diploma program or degree?

For those students who are still unsure if a career in music is the way to go, the diploma program will still

be available to sample. Students can later decide if they choose to continue on into the degree program.

of the province to continue their education," said Gilligan.

For some students, leaving Alberta to continue their education in the field of music has not been an option.

"A lot of people really would like to continue their education and stay in Alberta and this is the opportunity," said Gilligan.

Thirty students will make up the first year of enrollment, but the new degree also gives diploma graduates a chance to return to Grant McEwan to continue their musical journey.

"As musicians, you work on your craft for the rest of your life, you continue to develop yourself creatively," said Gilligan. "It is a way to continue your studies."

The degree gives students a choice of three: a general stream, performance and composition.

In the general stream, students can choose from two minors: music technology and production and music career management.

"Both of those minors would give added value to a musician, it gives more knowledge and more opportunity to be successful," said Gilligan.

Performance majors can choose to concentration voice, piano/keyboard, bass, percussion guitar or winds.

And finally, composition majors will create music composition and they will gain the skills to create commercial and artistic works in the jazz and popular music genres.



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EDMONTON PUBLIC SCHOOLS

Bright futures begin here

Former Toronto Argonauts quarterback Cody Pickett has landed a job with the Grey Cup champion Montreal Alouettes. The Als announced yesterday that they have signed the 29-year-old pivot, who was released last month by the Argos. **TORSTAR NEWS SERVICE**

Sports



McNabb, T.O. team up again

Donovan McNabb will be throwing passes to Terrell Owens again. McNabb, left, and Owens are teaming up on a basketball court instead of a football field in the new season of Spike TV's *Pros vs. Joes*. The episode features NFL players that played U.S. college basketball against former NBA stars. McNabb, Owens and Antonio Gates will face Hakeem Olajuwon, Kenny Smith and Toronto's Rick Fox. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

Koe bounces back from loss

BRIER Alberta's Kevin Koe sits at 4-1 after losing to B.C.'s Jeff Richard in the early draw at the Tim Hortons Brier in Halifax. But he rebounded later yesterday for a 9-5 win against Saskatchewan's Darrell McKee.

"It was definitely good to come back after that loss," said Koe. "You don't want to lose two in one day. It's just deflating."

Glenn Howard and his Ontario rink solidified their position atop the Brier standings with a 5-0 record after three days of play with wins over New Brunswick and Nova Scotia yesterday.

Manitoba and Newfoundland and Labrador were also able to creep up the board with wins yesterday to post identical 4-1 records.

THE CANADIAN PRESS

In search of consistency

In a season where consistency has been elusive for his team, Edmonton Oilers goaltender Jeff Deslauriers is hoping he's finally found his groove.

After making 28 saves in a 2-1 win over Minnesota on Friday, Deslauriers was at his best Sunday night, stopping 22 shots to shut out the New Jersey Devils 2-0 and upstage boyhood idol Martin Brodeur.

"Just playing against somebody you watched growing up is amazing," said Deslauriers. "In my opinion, he's the best goalie in the league."

"To get a win against a guy like that is a good feeling."

His solid play has earned Deslauriers at least one more start, when the Ottawa Senators visit Rexall Place today.



Edmonton's Aaron Johnson, left, congratulates teammate Jeff Deslauriers on his shutout win over New Jersey on Sunday.

"You want to be more constant," Deslauriers said. "You want to play at your best every night."

"When it's not going well, you still want to have a good game, and not have it so much one or the other."

er. You try to be in the middle, not have it be at both extremes."

To say Deslauriers, 25, has been streaky this season is an understatement. In his last two starts, he's made it look like backup Devan Dubnyk might not play another minute in the Oilers' final 17 games.

He gave the same impression from Dec. 3-11, winning five straight games.

At the other end of the spectrum, Deslauriers has had a six-game losing streak, Dec. 15-28, and a pair of four-game losing streaks, Jan. 12-28 and Feb. 4-10. He allowed four goals on 14 shots in a 5-3 loss to Nashville on Jan. 12, and gave up six goals on 27 shots in a 6-3 loss to the same Predators club on Dec. 17. **THE CANADIAN PRESS**

No easy fix for head shots

NHL As more ugly head shots make news, the NHL's 30 general managers are still wrestling with how to handle the issue.

The GMs were presented with an avalanche of information about concussions and various types of checks on the opening day of their annual meeting yesterday but they seemed no closer to a recommendation that could lead to fewer hits to the head.

And the pressure is mounting.

After watching Boston Bruins forward Marc Savard carried from the ice on a stretcher and hearing players start to voice concern, many are looking to the GMs to make some kind of recommendation by the time their meetings wrap up tomorrow. **THE CANADIAN PRESS**

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SCOREBOARD

NHL

YESTERDAY'S RESULTS

Dallas 4 Washington 3 (SO)
Columbus at Los Angeles

TODAY'S GAMES

Boston at Toronto, 5 p.m.
N.Y. Islanders at Philadelphia, 5 p.m.

Nashville at Atlanta, 5 p.m.
Tampa Bay at Montreal, 5:30 p.m.
Calgary at Detroit, 5:30 p.m.
Florida at Minnesota, 6 p.m.
Vancouver at Colorado, 7 p.m.
Ottawa at EDMONTON, 7 p.m.
Columbus at Anaheim, 8 p.m.

NBA

YESTERDAY'S RESULTS

Cleveland 97 San Antonio 95
Dallas 125 Minnesota 112
Memphis 107 New Jersey 101
New Orleans 135 Golden State 131
New York 99 Atlanta 98

Sports in brief

NHL Bruins centre Marc Savard is on his way home to Boston where he is slated to meet with a concussion specialist after taking a blindsided hit from Penguins forward Matt Cooke during a game Sunday. Savard spent the night at his Pittsburgh hotel along with a member of the team's medical staff while the rest of the Bruins travelled on to Toronto.

GEAR Reebok says its tipline and \$10,000 reward for Sidney Crosby's missing Olympic glove and stick are already paying dividends. Len Rhodes, vice-president and general manager for Reebok Hockey CCM, says the tipline is producing everything from encouraging comments to claims of "potential information."

NBA San Antonio Spurs guard Tony Parker won't need surgery on his broken right hand, meaning he may be able to return for the playoffs. He is expected to miss about six weeks. Tests showed Parker fractured the fourth metacarpal in his shooting hand Saturday during a victory at Memphis.

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With Michael Schumacher facing a tough field, some worry he risks his legacy with F1 comeback. Scan this code for the story.

Food and rock 'n' roll

Starting April 1, check out Food Network Canada's brand new Canadian series, Bitchin' Kitchen. It explores delicious recipes for life and love with a twisted sense of humour and a rock 'n' roll edge. The host is Nadia G. **METRO NEWS SERVICES**

Food



The survey says... more organic

Expect to see more organic produce and locally sourced food on Canadian restaurant menus, a survey of professional chefs reveals. Conducted by the Canadian Restaurant and Foodservices Association, the survey of close to 400 chefs took place in January and February by BrandSpark International, a Canadian market research firm. The top menu trends across the country as identified by the chefs include sustainability, artisanal cheeses, simplicity and back to the basics, nutrition and healthy cuisine. **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Liquid Assets

Peter Rockwell



metronews.ca/liquidassets

Cheap vinos

As the economy shuffles its way back to some form of normalcy the one thing many of you have kept as a souvenir from the last year or so is a new found appreciation for cheap wine.

I know what you're thinking. Hasn't there always been a market for true "table" wines? Sure, but what our latest financial catastrophe happened to coincide with was the arrival of some really decent under \$10 juice at national liquor stores.

And I'm not talking blended in Canada type stuff. The abundance of quality fruit being produced in Argentina, Chile, Australia and the U.S. has meant that for once there's actual variety when you head down to the bargain basement.

California's Gray Fox Vineyards' wines are a good example of inexpensive consistency. Its creamy **2008 Chardonnay** (\$6.95 - \$9.99) is all about up-front tropical fruit that will cozy up nicely to roast chicken and simple shellfish-based dishes.

If you like your reds full-bodied the **2008 Cabernet Sauvignon** (\$7.95 - \$9.99) may be too light for you. Its soft raspberry and sweet cherry flavours do make it an ideal summer quaffer (with barbecue written all over it) or one to entice white wine drinkers to the dark side.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Canadian Living recipe of the month

Pan poached salmon

Poached Salmon with Salsa Verde

PREP: 10 MINUTES
COOK: 10 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS:

- 1 each onion and rib celery, thinly sliced
- 3 thin slices lemon
- 4 sprigs fresh parsley
- ½ tsp (2 mL) each salt and peppercorns
- 4 skin-on salmon fillets (each 6 oz/175 g)
- Lemon wedges

Salsa Verde:

- ½ cup (75 mL) fresh bread crumbs
- 3 Tbsp (45 mL) red wine vinegar
- 1 hard-cooked egg, coarsely chopped
- 1 bunch fresh parsley, stemmed
- 2 Tbsp (25 mL) capers
- 2 anchovy fillets
- 1 clove garlic
- ¼ cup (50 mL) extra-virgin olive oil

METHOD:

1. In wide low pan large enough to hold fish in single layer, bring 3 cups (750 mL) water, onion, celery, lemon, parsley, salt and peppercorns to boil. Cover, reduce heat and simmer for 5 minutes.

2. Add fish; poach just below simmer, covered, just until salmon flakes easily when tested, 5 to 7 minutes. With slotted spatula, transfer fish to plates; remove skin.

3. **Salsa verde:** Meanwhile, soak bread crumbs in vinegar for 5 minutes; transfer to food processor. Add egg, parsley, capers, anchovies and garlic; chop finely. With motor running, drizzle in oil and 3 tbsp (50 mL) of the cooking liquid. Serve with salmon. Garnish with lemon wedges.

Lemon Cupcakes with Chocolate Icing

PREP: 15 MINUTES
COOK: 20 MINUTES
MAKES: 12 CUPCAKES

INGREDIENTS:

- 1 cup (250 mL) granulated sugar
- 4 tsp (20 mL) grated lemon rind



Left: Poached Salmon with Salsa Verde. Right: Lemon Cupcakes with Chocolate Icing.



fluffy. Spread over cupcakes.

- ½ cup (125 mL) unsalted butter, softened
- 4 eggs
- 2 Tbsp (25 mL) lemon juice
- ¾ cup (175 mL) sifted cake-and-pastry flour
- ¾ cup (175 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- ¼ tsp (1 mL) baking soda
- Pinch salt
- ½ cup (125 mL) milk

Chocolate icing:

- ½ cup (125 mL) unsalted butter, softened
- 1¼ cups (300 mL) icing sugar
- Pinch salt
- 2 oz (60 g) unsweetened chocolate, melted and cooled
- 2 tsp (10 mL) hot water

METHOD:

1. In small bowl and using fingers, rub sugar with lemon rind until fragrant.

2. In large bowl, beat butter until light and pale, about 2 minutes. Beat in lemon sugar, ¼ cup (50 mL) at a time and beating for 30 seconds after each, until fully incorporated, about 5 minutes total. Beat in eggs, 1 at a time, beating well after each (mixture will be runny). Beat in lemon juice.

3. In separate bowl, whisk together cake-and-pastry flour, all-purpose flour, baking powder, baking soda and salt; sift into butter mixture alternately with milk, making 4 additions of dry ingredients and 3 of milk (batter will look curdled). Scrape into 12 paper-lined or greased muffin cups.

4. Bake in 350°F (180°C) oven until cake tester in-

serted in centre comes out clean, about 20 minutes. Let cool in pans on racks for 10 minutes. Turn out onto racks; let cool completely.

5. **Chocolate Icing:** In bowl, beat together butter, icing sugar and salt until fluffy; beat in chocolate. Beat in hot water until



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For 10 years, Cover FX has quietly created a cult following across Canada. The original cream foundation (\$39) was crafted to cater to the needs of people with skin disorders but successfully crossed over to beauty, now with more than 30 shades available at Sephora, The Bay and Shoppers Drug Mart. **METRO NEWS SERVICES**

Coveted coverup

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Face forward on fall runways

LIZA HERZ
for Metro Canada

The major fashion shows aren't just a preview of what we'll be wearing six months from now, they also flash some massive clues about the latest beauty trends.

Think of it as the cosmetic culture's version of a crystal ball, a chance to peer into the future and glimpse the latest looks from the Autumn/Winter 2010/11 collections, as seen on four world runways.

This year, if there's anything conclusive to say about the recent ready-to-wear shows in Europe and New York, it's that we'll still be wearing nude lip-

stick in September.

Unless of course, we're wearing bright orange lipstick instead. That's the eternal seesaw of beauty. For every trend, a counter-veiling trend.

1 NEW YORK

Bright spring-like colours were a definite theme on Gotham's runways: Orange lips at Max Azria and Richard Chai, ice blue eye shadow at Jason Wu. Maybelline New York's global makeup artist Charlotte Willer giddily underlined eyes in vivid green for Michael Angel (see Maybelline's Irresistible Ivy Eye Studio palette, \$12), then paired it with a subtle, nude lip colour (Maybelline Color Sensational lipstick in Born with It, \$10) dabbed on by finger for a soft, edgeless look.

2 LONDON

Lush and seductive were the bywords in Londontown. Stained berry lips at Pringle of Scotland, eyeliner lining mouths at Vivienne Westwood. At Mulberry the smoky cat eye added an edge of retro allure to the bright, flirty clothes. Unlike a precise cat-eye rendered in liquid eyeliner, the smoky look is virtually goof-proof because the smudgier it looks the better it looks. Try it with Covergirl's Smoky ShadowBlast in Onyx Smoke (\$9).

3 MILAN

Nothing gives you more impact for less effort than bright red lips. This attention-getting trend appeared all over Milan: with minimal eye make-up at Gianfranco Ferre; with a smoky cat eye at DSquared;

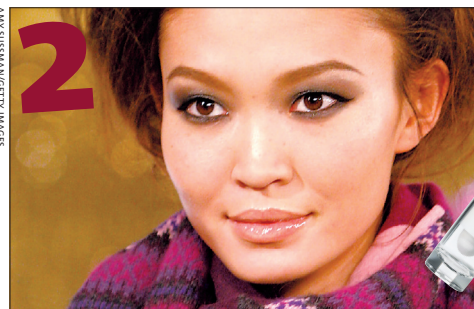
and in an over the top trifecta of red, at Luisa Beccaria, MAC's makeup artists went all out using MAC's Cherry pencil (\$15.50), Ruby Woo lipstick (\$16.50) and Russian Red lip glass (\$16.50). La Dolce Vita indeed.

4 PARIS

A healthy glow? Mais, non! Pale skin dominated the Paris shows, paired with a defined brow and a soft pink mouth at Nina Ricci, Balmain, and Dries Van Noten. At Balenciaga the girls were as translucent as space aliens with only a soft circle of blush for colour. Get the look with Clarins Cotton Flower Collector Face Palette (\$42), a subtle shimmery veil that evens skin tone and adds luminosity



New York: Michael Angel went green and natural.



London: Mulberry modernized a classic '60s look.



Milan: Gianfranco Ferre revved it up with red.



Paris: Balmain banished full-fledged colour.

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Travis Barker showed off his new tattoo, which honours his longtime friend, the late DJ AM. Barker posted a photo of the thigh tattoo on his Twitter account and tweeted, "Finished my AM tattoo last night." [POPEATER.CA](#)

17

EDITOR: DEAN.LISK@METRONEWS.CA

Canadian Music Week shines light on up-and-coming acts

**Bryan
Borzykowski**

metronews.ca/music

Handsome Furs: This husband and wife duo don't need any more press, but it bears repeating — Montreal's Handsome Furs are easily one of Canada's best acts. Led by Dan Boeckner, one of Wolf Parade's vocalists, the band combine Springsteen-like songwriting with electro fuzz, wailing guitars and frighteningly intense energy. Live



Alberta's Ghostkeeper is one of 700 bands playing Canadian Music Week in Toronto.

shows are notoriously wild — it's easy to forget that there are just two

people on stage — and
you'll be singing the
songs long after the gig
ends.

Postdata: If you like haunting melodies and soft acoustics with an East Coast sensibility, then you have to see Halifax's Postdata. It's actually a new project from Paul Murphy, Wintersleep's frontman, but I'd argue that it's far better than anything he's put out with his band. His debut disc is littered with bright, inspiring vocals overtop quiet finger-picked guitars and droney keys. Check this out before he returns to his day job.

Rural Alberta Advantage: There are many, many fantastic Ontario acts to

see during CMW, but if you're going to see one band from Canada's most populous province, make it the Rural Alberta Advantage. The group — whose singer hails from Fort McMurray and sings about Alberta — is based in Toronto and caught a break when one of their tunes was featured on eMusic. Now, people can't get enough of this trio. The straight-up indie rock is filled with countless hooks and wild percussion, while even big city dwellers can relate to the songs about small-town Canada.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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critics' corner—

Sarah's House

Sarah's House
Sarah Richardson has a vested interest in the properties she makes over on this series: They're hers. In the third season, the designer and her partner, Tommy Smythe, tackle the room-by-room renovation of a rustic farmhouse, with an eye always on the bottom line. 12 PM on HGTV



The Biggest Loser

The blue and black teams compete in a challenge that tests their strength as each pulls a truck, then puts together a puzzle with crates they had to stop and load along the way. Later, the contestants must work eight-hour shifts at a food bank and make time for workouts. 9 PM on CKEM KHO

NCIS: Los Angeles

Callen and the NCIS team must delve into the world of underground street racing when a sailor competing in one of these races is killed. They soon discover that not only had his car been sabotaged, but it contained confidential Navy equipment in the new episode "Full Throttle." 10 PM on KREM CITY

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/9/10	2	KFRN	239 318	etalk	Access H.	Law & Order: Special Victims		American Idol (HDTV)		Lost "Dr. Linus" (N)		CTV News
	3	KHQ	- 370	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser The contestants	work at a food bank.			Parenthood (N)
	4	CBXT	- 307	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids In-Hall	Comedy Fest	CBBC News: The National		The Hour
	6	KREB	- 372	News	Access H.	The Doctors		NCIS "Double Identity"		NCIS: Los Angeles (N)		The Good Wife
	7	CKEM	241 347	Law & Order: Special Victims		Parenthood (HDTV) (N)		The Biggest Loser The contestants	work at a food bank.			EP Daily
	8	CTV1	240 339	King Canada	Entertainment	The Good Wife "Fleas"		NCIS "Double Identity"		NCIS: Los Angeles (N)		News Hour
	11	OMNI	-	-	King/Queens	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition	TwoHalf Men	TwoHalf Men	Metropia
	13	KKLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Lost "Sundown" (HDTV)	Lost "Dr. Linus" (N)			the forgotten
	16	KAYU	- 373	The Office	Raymond	TwoHalf Men	TwoHalf Men	American Idol (HDTV)		Glee "Sectionals"		News
	22	KSPS	- 374	PBS NewsHour (N)		SCTV Golden Classics			Ed Sullivan's Rock and Roll Classics: The 60s			
news	24	WTVS	- 364	Stevens Europe	Stevens Europe	Rick Stevens' Europe		Taking Control-Diabetes w/ Dr Neal	Barnard	Rock and Roll Classics		
	15	CBCN	502	-	CBBC News: The National	CBBC News: the fifth estate		CBBC News: The National		CBBC News: The National		fifth estate
	21	TWN	505 398	-	EarthWatch One	EarthWatch One		EarthWatch Two				
	23	CNN	500 500	-	Larry King Live (N)		Anderson Cooper 360 (HDTV)			Larry King Live		Cooper 360
	54	CTVN	501 391	-	CTV News Tonight	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	70	BNN	504 508	-	Squeeze Play	Business News	Commodities	Market Call Tonight	Headline	Commodities		Squeeze Play
	20	TSN	400 400	-	Curling	SportsCentre		NBA Basketball				SportsCentre
	23	net	408 418	-	NHL Hockey	NHL Hockey	Ottawa Senators at Edmonton Oilers	(HDTV) (Live)	Toronto Raptors at Los Angeles Lakers	(HDTV) (Live)		Flames, Hour
	47	SPEED	417 406	-	Monster Jam (HDTV) (N)	Dangerous Drives (HDTV)		Pass Time	NASCAR Bowl	Race in 60 (HDTV)		Monster Jam
	94	SCORE	410 403	-	(6) Court Surfing	NBA news, scores and highlights.		Score Now		Score Now		Score Now
family	9	EDACC	267 351	-	Alberia Primetime (Live)	The Middle (N)	Old Christine	Lost "Dr. Linus" (N)		Robson Arms	Robson Arms	Primetime
	14	TV	552 543	-	iCarly	To Be Indie	iCarly	Scorpion	Malcolm-Mid	Hates Chris	8 Simple Rules	What I Like
	17	TRE	553 546	-	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan
	42	TOON	555 545	-	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill
	45	FAM	557 541	-	Han, Montana	Wizards-Place	Sonny Chanda	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz
	-	TVA	121 714	-	TVA nouvelles	Le Cercle (SC)	La Fievre de la danse (SC)		Rock et Rol	Camera Café	La Promesse (N) (SC)	
	18	CMT	575 583	-	According-Jim	According-Jim	Home Improve.	Home Improve.	Top 20 Steamiest Videos		Amer. Funniest Home Videos	
	25	A&E	615 520	-	Criminal Minds		CSI: Miami (HDTV)		CSI: Miami (HDTV)		(10.01) Criminal Minds	
	26	MHM	571 581	-	mmtp10.ca	Hammertime	Gimme Sugar		Gene Simmons	'Wild 'n Out	Hammertime	Gimme Sugar
	29	FOOD	603 561	-	Hell's Kitchen	Good Eats	Good Eats		Restaurant Makeover		Diner, Drive-In	Unwrapped
cable variety	31	SHOW	617 522	-	Trailer Park	Trailer Park	Relic Hunter		Devil's Diary (2007, Suspense)	Alexz Johnson.		Drop-Diva
	32	DISC	520 505	-	Destroyed	Swamp Loggers (N)		Daily Planet		Destroyed	Destroyed	Swamp Log.
	33	SLICE	601 562	-	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	Whatever	Real Housewives-Atlanta	Housewives
	34	W	602 567	-	House-Sell	This House	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury
	35	TLT	521 560	-	19 Kids-Count	19 Kids-Count	Miss Turkey Trot		Dwarf Adoption Story		19 Kids-Count	19 Kids-Count
	36	BRAVO	620 523	-	Kaeshammer	Side-Dick Dale	Cowboy Junkies: Trinity		Law & Order "Good Girl"		Without a Trace	
	38	SPiKE	628 584	-	UFUnleashed		Blue Mountain	Players (N)	Ways to Die	Ways to Die	Ways to Die	Ways to Die
	39	AMC	-	-	(6) Space Cowboys *** (2000, Adventure)				Blazing Saddles *** (1974, Comedy)		Cleavon Little	
	40	HIST	522 506	-	Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories (HDTV)		Cities of the Underworld	
	41	COM	626 547	-	Just for Laughs		Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park
cable variety	43	SPACE	627 528	-	Medium (HDTV) (N)		Masters of Science Fiction		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.
	44	WPCH	294 650	-	Law & Order: Special Victims		Seinfeld	Name Is Earl	King's Ransom * (2005, Comedy)	Anthony Anderson.		King's Ransom
	46	OLN	411 457	-	Oper. Repo	Oper. Repo	Ghost Hunters International		Destination Truth		Oper. Repo	Oper. Repo
	48	TROP	619 525	-	End of Leash	Last 10	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer	
	50	STAR	621 527	-	The View (HDTV) (N)		The Dr. Oz Show (N)		TIMZ	etalk	Access H.	Extra
	52	HTG	600 564	-	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes on Homes		Sarah's House	Genevieve
	65	TLN	700 800	-	David Rocco	Magnifica Italia	George Lopez	George Lopez	Lopez Tonight		Raymond	Raymond
	82	ASPN	269 350	-	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Coyote Wails (2003, Mystery)	Adam Beach, Wes Stud.		
	93	VISION	261 394	-	Quantum Leap		Unscripted (N)	Crazy for Love	Polettergeist: The Legacy		Toys ** (1992, Comedy-Drama)	
	100	MTV	581 566	-	16 and Pregnant		16 and Pregnant (N)		My Life as Liz	MTV Live	Taking, Stage	Buried
cable variety	101	MM	570 580	-	Muchmusic Countdown		Paul TeLner		UR11		America's Best Dance Crew	Love Court
	102	CPAC	512 396	-	(6.30) Primetime Politics		Revue		Question Period		Prime-Politics	Primetime Politics
	103	VIVA	526 507	-	The Closer "Round File"		Cold Case "Cargo"	Le National	Psychic Inv.	Ghostly Enc.	Judging Amy "Lullaby"	Missing
	106	RDI	126 730	-	Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal (SC)		24 Heures en 60 minutes	Le Téléjournal
161	SUIPR	-	-	Pirates of the Great Salt Lake (2006)				Labor Pains (2005)	Comedy.	Chris Pennell		Before the Devil Knows You're Dead



Movie trivia: He prepared for Law Abiding Citizen by sitting in rush hour traffic
Gerald Butler reportedly got so infuriated with Victoria Beckham causing a hold-up on the Academy Awards red carpet he ignored waiting photographers and headed straight into the event, femalefirst.co.uk reports. **METRO NEWS SERVICES**

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

ROB THOMAS is committed to keeping his fans updated, **MINDY KALING** develops a new crush, **PETE WENTZ** is only making his son uncomfortable today (so far), and **LILY ALLEN**'s retirement plans do not involve rhetorical coherence.
@ThisIsRobThomas working out. going down to the studio for a while and then i'm going to buy a new i-book. if you care.
@mindykalings Oh, Sam Worthington, your glasses make me think you're imperfect and therefore accessible.
@petewentz the baby does not recognize me beardless or at least he's suspicious.
@lilyroseallen Now that I've retired in gonna try and get on "come dine with me" I'm making chicken tarragon and leek pie tonight.
Yum.

**METRO
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Farrah snubbed by Academy?

THE ANGELS - AND BEASUS CHRIST - ARE NOT IMPRESSED Farrah Fawcett was left out of the Oscar tribute to those in the film industry who died last year, us-magazine.com reports.

While the actress — who passed away in June at age 62 after battling cancer — was mostly known for her TV role in Charlie's Angels. But she did appear in multiple movies, including The Cannonball Run, Extrimities and The Apostle. Twitted Star Jones, "FYI...Farrah had a very diverse career...that included

Broadway, TV & Film. She even received a Golden Globe nom." Golden Girls' star Bea Arthur, who died last April at the age of 86, was also left out of the tribute.

Among the stars named in the memorial, as introduced by Demi Moore:



Patrick Swayze, Ed McMahon and Brittany Murphy. Also included in the tribute was Michael Jackson, who died on the same day as Fawcett and who arguably had less to do with movies than Fawcett.

The tribute was accompanied by James Taylor on guitar who sang In My Life by the Beatles.

**METRO WORLD
NEWS**

Cruise loses control of motorbike

THE ONLY MISSION: IMPOSSIBLE HERE IS TOM'S COOLNESS Tom Cruise narrowly avoided serious injury after crashing his motorcycle in Los Angeles on Sunday, according to femalefirst.co.uk.

The Mission: Impossible star was riding through the city on his motorbike when another car drove through a stop sign in

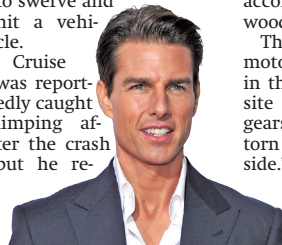
front of him, forcing him to swerve and hit a vehicle.

Cruise was reportedly caught limping after the crash but he re-

fused to go to the hospital, according to HollywoodLife.com.

The actor's red Ducati motorcycle was mangled in the crash and the website reports the bike's gears were "completely torn to shreds on the left side."

**METRO NEWS
SERVICES**



Theron's dress shredded by online fashion police

THE LOOK: FLORAL FEMBOT Charlize Theron wasn't so chic at Sunday's Academy Awards ... according to fashion critics, us-magazine.com reports. Bloggers ripped on her amethyst and lilac bustier gown with rose and draped detail, created specially for her by John Galiano for Dior.

"Almost every year somebody wears something

off-the-wall crazy to the Oscars, and this year the unfortunate honour goes to Charlize Theron," sniped Eonline. "Yep, those are her lady lumps wrapped in lilac rosettes, courtesy of Dior Haute Couture. This one's going down in the history books along with the swan dresses and pirate costumes."

METRO WORLD NEWS



Lindsay relieved of Ungaro fashion duties

ORANGE SKIN AND VACANT, STRUNG OUT EXPRESSION? SO LAST SEASON Lindsay Lohan has apparently been dropped from her position as artistic adviser for fashion house

Ungaro, according to Women's Wear Daily.

"She's not involved in this," a company spokesperson said as the company's Fall 2010 line debuted at Paris Fashion Week over the weekend with the high-profile actress nowhere in sight.

METRO WORLD NEWS



Miley a 'class act' at Oscars

AND JUST IN CASE THE QUOTATION MARKS WERE TOO SUBTLE, THAT HEADLINE CONVEYS EVERY FIBER OF SARCASTIC IN MY BEING Miley Cyrus had plenty of people talking at Sunday's Academy Awards, people.com reports. On El's pre-show, she kept slouching in her champagne-coloured silk and tulle Jenny Packham gown.

Then, her middle-aged mom Tish got in front of the camera and spun around, showing off angel wings she has tattooed on her back. Miley, 17, didn't seem embarrassed. She even told

host Ryan Seacrest her mom "has nice choices in tattoos."

Cyrus later ditched her mom at Elton John's post-Oscar bash, where she snuggled with boyfriend (and Last Song costar) Liam Hemsworth.

At the bash, they packed on the PDA — when she wasn't furiously texting.

He kept touching her affectionately and she was constantly whispering in his ear. Asked on El's pre-show if she's in love, Miley coyly replied, "Maybe."

**METRO
WORLD NEWS**

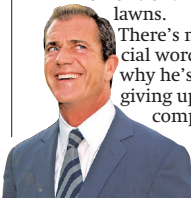


Gibson home going for a song

HE NEEDS A BIGGER PROPERTY TO ADEQUATELY HOUSE HIS DELUSIONS Mel Gibson has put his nine-bedroom, 8.5-bathroom Malibu home on the market for a mere \$14.5 million US, according to TMZ. The massive hacienda-style property also boasts tennis courts, indoor and outdoor dining areas and a giant chess set on one of the lawns.

There's no official word on why he's giving up the compound.

**METRO
WORLD NEWS**



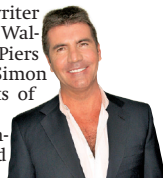
Duelling wedding bells for Cowell and Piers?

'I NOW PRONOUNCE YOU EGO AND WIFE' Simon Cowell and pal Piers Morgan maybe facing off against each other this summer as they both plan weddings that threaten to conflict with each other, according to the Daily Mail. Cowell has proposed to girlfriend

Meaghan Hussainy, while Morgan is set to wed writer Celia Waldon. "Piers and Simon have lots of friends in common and

want to make sure their dates don't coincide because they both want to be at each other's wedding," a source says. "It's turned into a bit of a joke between them over who's going to send out save-the-date cards first."

**METRO
WORLD NEWS**



Twitter abuzz over Nelson appearance

HEAR THAT? IT'S THE SOUND OF YOUR BREAKFAST CLUB FANTASY DYING Who stole the show during the touching tribute to late director John Hughes at Sunday's Academy Awards? Judd Nelson, 50,

usmagazine.com reports.

Fans of Hughes' '80s teen comedy classics were thrilled to see Molly Ring-

wald, Matthew Broderick, Anthony Michael Hall and Jon Cryer reunite to remember Hughes. But Nelson's shocking appearance inspired hundreds to instantly Tweet their surprise.

METRO WORLD NEWS



THIS FLAUBERT HEROINE JUST CAN'T STOP MAKING EGGS.

Watch **JEOPARDY!** tonight at 7:30 for the answer.

Following Wheel of Fortune at 7pm



Yesterday's answer: What are noodles.



CBC



Today
Flurries
-1°C / -11°C



Wednesday
Partly cloudy
1°C / -7°C



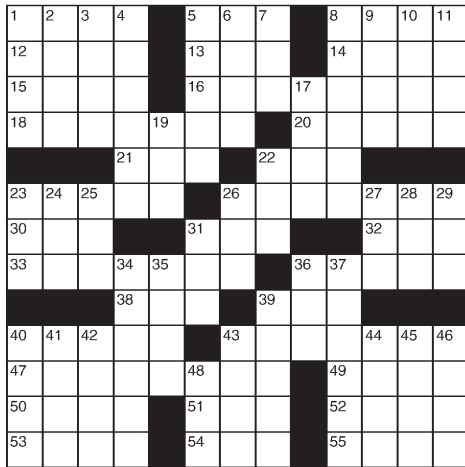
Thursday
Partly cloudy
2°C / -8°C



Michele McDougall, Weather Specialist & Host - Breakfast Television

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**

Take Five

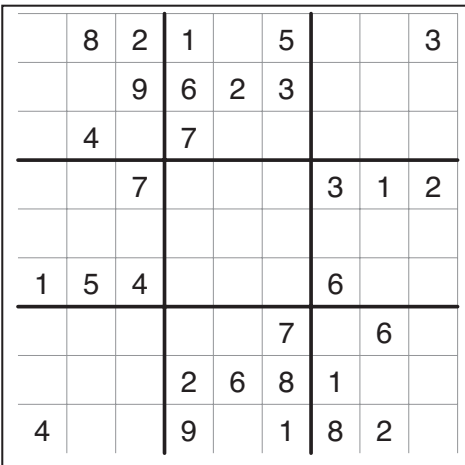


- 1 Laurel or Musial
5 Spring month
8 Rolling stone's lack
12 Novice
13 Id counterpart
14 Killer whale
15 Related (to)
16 World War I infantryman
18 Warning signal
20 Sail supports
21 Have a bug
22 NASA deviation
23 Cheer up
26 Fool
30 Bill's co-adventurer
31 Toast topper
32 Ultra-modernist
33 Reliable source of income
36 Birth-related
38 A billion years
39 Triumphed
40 Pound fraction
43 Glossy coating
47 "Is it bigger than a —?"
- 49 Neighborhood
50 Brewer's oven
51 Hearty quaff
52 Oodles
53 Otherwise
54 Chaps
55 Break suddenly
1 Luminary
- DOWN**
- 2 Youngster
3 Desert-like
4 Low-calorie, maybe
5 Hero's award
6 Very enthusiastic
7 Thee
8 Hudson River feeder
9 Spheres
10 Highlander
11 Emulates
Simon?
17 2008 TARP recipient
19 Big fib
22 Thanksgiving veggie
23 "Yada, yada, yada" (Abbr.)
- 24 Meadow
25 Billboards
26 Mandible
27 Pismire
28 Vast expanse
29 Scale member
31 Stewart or Voight
34 Underworld goddess
35 Unisex, as dorms
36 Neither mate
37 Chronicles
39 Lustrously smooth
40 Reed instrument
41 Europe/Asia border river
42 Capone foe
43 Field mouse
44 Press
45 — good example
46 Padlock holder
48 Emeril's outcry

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	3	6	7	5	8	9	1	2
7	5	9	1	2	3	6	8	4
8	2	1	9	6	4	3	7	5
5	6	2	3	8	1	7	4	9
9	8	3	4	7	6	2	5	1
1	4	7	5	9	2	8	3	6
2	7	5	8	4	9	1	6	3
6	1	4	2	3	7	5	9	8
3	9	8	6	1	5	4	2	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Caramelized Onion and Ale Soup with Beef Ribbons

INGREDIENTS:

- 2 tbsp butter
- 2 tbsp olive oil
- 500 g onions, thinly sliced
- 2 tsp white sugar
- 300 g tenderloin steak, cut into 3/4-in thick slices
- 1 garlic clove, crushed
- 1 cup brown ale
- 1 bay leaf
- 3 cups beef stock
- 2 tbsp chopped fresh parsley

METHOD:

- In large, heavy-based pot, heat butter and 1 1/2 tbsp oil, then stir in onions and sugar. Cover pot with lid and cook, stirring occasionally, over medium heat, 10 minutes. Remove lid, turn up heat and cook, stirring frequently, until onions are softened and golden brown.
- Meanwhile, heat frying

pan until very hot. Brush steak slices with remaining oil and season lightly. Fry about 3 minutes per side, turning once, until golden brown but still pink inside. Remove from heat and cover with sheet of foil.

3. Add garlic, ale and bay leaf to onions. Bring to boil, then simmer, uncovered, 5 minutes. Add stock, season, then return to boil.

4. Slice steak pieces into thin ribbon strips, adding juices to soup. Discard bay leaf. Ladle soup into wide bowls and place meat strips in centre of each. Sprinkle with parsley and serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You will find yourself in a minority of one today, but it won't worry you a bit. You are used to opposing the status quo.



TAURUS
APRIL 21-MAY 21
It would appear that you have been through your current situation, in one guise or another, before, so you should know what you have to do.



GEMINI
MAY 22-JUNE 21
Anything that ties you down to a set routine must be avoided. Mars in Leo is a restless influence, so there is no point trying to stay in one place.



LIBRA
SEPT 23-OCT 23
You will have to defend your beliefs against someone who thinks they know better than you. It should not be too hard to prove them wrong.



SCORPIO
OCT 24-NOV 22
You cannot convince others to see things your way — the more you try the more they will delight in taking the opposing view.



SAGITTARIUS
NOV 23-DEC 21
You will have fun today but, for some reason, you will feel guilty. Maybe it's because you don't think you deserve to enjoy the good things. Rubbish!



CANCER
JUNE 22-JULY 22
Most likely you will find yourself in the middle of some sort of conflict today and tomorrow. Stay calm and use logic to make your point.



CAPRICORN
DEC 22-JAN 20
Certain emotions may be difficult to deal with but you will have to face up to what is causing your grief.



LEO
JULY 23-AUG 23
This is one of the most important times of the year for you as Mars is about to move in your favor again. Don't get carried away.



AQUARIUS
JAN 21-FEB 18
Opposites attract and someone who is as different to you as it is possible to get will have a major impact on your life.



VIRGO
AUG 24-SEPT 22
You may be tempted to hit back at those who are giving you a hard time but why run the risk of alienating people whose help you may need?



PISCES
FEB 19-MARCH 20
Stick to routine ways of doing things, even if some people criticize you for being old-fashioned.



This day in history

- 1841 — The U.S. Supreme Court rules that captive Africans who had seized control of the ship carrying them had been taken into slavery illegally.
- 1933 — Great Depression: President Franklin D. Roosevelt submits the Emergency Banking Act to the Congress, the first of his New Deal policies.
- 1991 — Massive demonstrations are held against Slobodan Milošević in Belgrade. Two people are killed and tanks are in the streets.
- 1997 — Comet Hale-Bopp: Observers in China, Mongolia and eastern Siberia are treated to a rare double feature as an eclipse permits Hale-Bopp to be seen during the day. **METRO NEWS SERVICES**

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\$469

*Taxes & other fees
(including service charges): \$137

USA

Las Vegas

Bally's Las Vegas • 3 1/2 ★

Classic rm.

Apr. 11 • 4 nts.

\$469

*Taxes & other fees
(including service charges): \$137

DOMINICAN REPUBLIC

Punta Cana via Calgary

Occidental Grand Punta Cana • 4 ★

All-Inclusive • Junior suite

Mar. 16 & 23 • 1 wk.

\$889

*Taxes & other fees
(including service charges): \$303

Gran Bahia Principe Ambar,

Don Pablo Collection • 5 ★

All-Inclusive • Junior suite

Mar. 16 & 23 • 1 wk.

Adults only



\$979

*Taxes & other fees
(including service charges): \$303

MEXICO

Puerto Vallarta/Riviera Nayarit via Calgary

Plaza Pelicanos • 3 ★

All-Inclusive

Club section standard rm.

Mar. 20 • 1 wk.

\$579

*Taxes & other fees
(including service charges): \$267

Ixtapa/Zihuatanejo via Calgary

NK Krystal Ixtapa • 3 1/2 ★

All-Inclusive • Deluxe rm.

Mar. 20 • 1 wk.

\$959

*Taxes & other fees
(including service charges): \$266

HAWAII

Honolulu via Calgary

Ohana Waikiki West • 3 ★

Aloha rate - Run of the house.

Apr. 11 • 1 wk.

\$699

*Taxes & other fees
(including service charges): \$137

CUBA

Santa Clara via Calgary

Barceló Cayo Santa Maria • 4 ★

All-Inclusive • Junior suite

Mar. 17 • 1 wk.

\$659

*Taxes & other fees
(including service charges): \$218

Varadero via Calgary

Meliá Varadero • 4 ★

All-Inclusive • Standard rm.

Mar. 14 • 1 wk.

\$799

*Taxes & other fees
(including service charges): \$218

JAMAICA

Sunset Jamaica Grande

Resort & Spa • 4 ★

All-Inclusive • Standard rm.

Mar. 16 & 23 • 1 wk.

\$839

*Taxes & other fees
(including service charges): \$270

DEAL to EUROPE

Paris via Montreal

All Seasons Paris

Gare de l'Est • 3 ★

Breakfast • Standard rm.

Apr. 12 & 13 • 6 nts.

\$1059

Complimentary
Paris city tour

*Taxes & other fees
(including service charges): \$409

DEAL on CRUISES

Norwegian Cruise Line¹

Norwegian Jade

Mediterranean Cruise

Flights to Barcelona via Toronto

Interior stateroom, cat. KK

Oct. 3 • 1 wk.

\$1539

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& FREE seat selection²

*Taxes & other fees
(including service charges): \$492

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MEXICO

Puerto Vallarta/Riviera Nayarit via Calgary

Dreams Puerto Vallarta

Resort & Spa • 4 1/2 ★

Unlimited-Luxury®

Deluxe oceanview rm.

Apr. 10, 17 & 24 • 1 wk.



\$1129

*Taxes & other fees
(including service charges): \$267

DOMINICAN REPUBLIC

Punta Cana via Toronto

Dreams Punta Cana

Resort & Spa • 5 ★

Unlimited-Luxury®

Supersaver rm.

May 8-23 • 1 wk.



\$1399

*Taxes & other fees
(including service charges): \$315



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